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# BEING GIRL

An empowerment group for girls.

Open to grades 2-6.

Girls today face many conflicting images. The media continues to portray young women in roles that stereo type females as pretty faces with little more. They face pressure in school to look and act a certain way. Our goal is to educate girls about the internal beauty that exists in all women, the strength that is woman and the limitless possibilities that exist. The group will be led by Prof. Theresa Dereme M.S. , experienced school counselor.

- Make Friends
- Learn and grow
- Develop Positive Self Esteem
- Go places
- Develop Leadership Skills
- Encourage a positive body image
- Focus on healthy life choices
- Celebrate diversity



Prof. Theresa Dereme is a counselor in Suffolk County Community College's Eastern Campus. She has been married to her husband Robert for 27 years. Together they have three children. The youngest Chloe attends the Riverhead Charter School.

At Suffolk County Community College Prof. Dereme coordinates a developmental studies program. Her responsibilities include counseling students, teaching college level courses and advising the Strive for Success Club.

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**Thursdays**

**4:15– 5:30**

Transportation home must be provide by the parent/ guardian of each student that participates.

## BEING GIRL

Name \_\_\_\_\_ Parents Signature \_\_\_\_\_

Emergency Contact info Name \_\_\_\_\_ Phone \_\_\_\_\_

Sign up  
now!

